

# Queen Anne POOL

Winter 2007

January 1, 2007 – March 25, 2007

1920 First Avenue West • Seattle, WA 98119

(206) 386-4282 Phone • (206) 233-3717 Fax

[www.seattle.gov/parks/Aquatics/queenannepool.htm](http://www.seattle.gov/parks/Aquatics/queenannepool.htm)

Winter 2007

## Table of Contents

Pool Information .....	Page 2
Policies .....	Page 3
Daily Pool Schedule .....	Page 4
Swimming/Fitness .....	Page 5
Swimming Lessons .....	Pages 6–7
Diving .....	Page 8
Special Events .....	Page 8



SEATTLE PARKS  
AND RECREATION

NEW!

Registration begins at 7:00 am on December 4, 2006

**REGISTER ONLINE · it's easy!**

**[www.seattle.gov/parks](http://www.seattle.gov/parks)**

SPARC

## Professional Staff:

Steve Vela, *Aquatic Center Coordinator*  
 Amber Davis, *Assistant Aquatic Center Coordinator*  
 George Moffit, *Senior Lifeguard*  
 Marcos Fernandes, *Senior Lifeguard*  
 Teresa Faulkner, *Senior Lifeguard*  
 Ryan Seamster, *PPT Lifeguard*  
 Ofelia DeBernal, *Pool Operator*  
 Naty Acierto, *Lead Cashier*  
 Gidgette Turlington, *PPT Cashier*

## Parks and Recreation Staff:

Kenneth Bounds, *Superintendent*  
 Christopher Williams, *Operations Division Director*  
 Kathy Whitman, *City-wide Aquatic Manager*  
 Patsy Siegismund, *Senior Aquatics Coordinator*

## Fees and Admission Information:

Under 1 year .....	Free!
Youth, ages 1–18 years .....	\$2.75
Adult , ages 19–64 years .....	\$3.75
Senior Adults, ages 65 and better .....	\$2.75
Special Populations.....	\$2.75
Water Fitness Classes .....	\$4.75/\$3.00
Masters Workout .....	\$4.75/\$3.00

## Swim Tickets:

FAST Pass .....	\$45.00
FAST Pass (Senior, Youth, Special Pop).....	\$35.00
<i>Unlimited personal monthly pass which allows access to fitness and recreational swim programs. Good at any city pool.</i>	
Recreational Punch Card (\$22 value) .....	\$20.00
Fitness Punch Card (\$33 value).....	\$30.00

## Equipment Rentals:

Towels.....	\$0.50
Showers .....	\$3.75
Lockers.....	\$0.25

## Pool Parties

Prices start at \$122.00 for a one-hour party for 30 kids or fewer. This price includes 2 certified lifeguards and 15 min. showering time at the end of your swim. Our most popular party is \$168.00 for a one-hour in the pool and a one-hour lobby party for 30 kids or fewer. Amenities include: floating mats, noodles, tables, chairs and a rockin' stereo system. User is responsible for their own clean up. **For more information please come by or call 386-4282 between Noon–8:00PM, Monday–Friday.**

## About the Pool

- Water temperature: 86°F.
- Depth Range 3–12ft.
- 72 lengths/36 laps = 1 mile
- Rope Swing
- 1 meter and 3 meter diving boards
- Dry heat sauna
- Pool lift and stairs for non-ambulatory patrons
- Two ADA accessible family changing rooms available.
- Served by Metro bus route #3, #4 and #13.
- We accept MasterCard, Visa, and American Express. All taxes are included.

## A Few Important Rules

- Children younger than 6 years old or less than 4 feet tall must have an adult with them, in the water, at all times.
- Children 6 years and older must use the appropriate gender locker room.
- Street shoes are not allowed on deck.
- Swim diapers are required for all children who are not 100% toilet trained.
- Absolutely no glass is allowed.
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.



## Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community

## Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The pro-rated class fee plus a service charge of \$5.00 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

## Anti-discrimination Policy

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap (Seattle Municipal code 18.12.280)

## ADA Compliance

Reasonable accommodation will be made on request for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, call the facility selected or call 615-0140 or TDD 223-7061. Please allow 10 working days advance notice.

## Fees & Charges

Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

## Scholarships

We offer reduced fees for swim lessons to those who qualify under low income guidelines.

## Diaper Policy

In the interest of public health, those who are not toilet trained must wear swimming diapers or a cloth diaper that has tight fitting legs. No regular disposable diapers or loose fitting swim suits are allowed. Children's swim diapers are available for sale.



# Queen Anne POOL

## 2007 Winter Quarter Front Desk Hours:

Monday–Friday: 11:00 am–8:00 pm

Saturday: 7:30 am–5:00 pm

Sunday: Closed except for private rentals

1920 First Ave West

Seattle WA 98119-2602

(206) 386-4282 • TDD only (206) 233-7061

[www.seattle.gov/parks/Aquatics/queenannepool.htm](http://www.seattle.gov/parks/Aquatics/queenannepool.htm)

## Winter-at-a-Glance 2007: January 1–March 25, 2007

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 AM	Lap swim	Lap swim	Lap swim	Lap swim	Lap swim	
06:30 AM	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	6:00-7:30	
07:00 AM						
07:30 AM						Lap Swim
08:00 AM	Seattle Public Schools					7:30-9:00
08:30 AM	7:45-10:30					
09:00 AM						Deep WX
09:30 AM						9:00-9:45
10:00 AM						Lessons 10-10:30
10:30 AM						Family Swim
11:00 AM	Hydrofit	Shallow WX	Hydrofit/Noodles	Shallow WX	Stretch & Flex	10:30-11:30
11:30 AM	11:15-Noon	11:15-Noon	11:15-Noon	11:15-Noon	11:15-Noon	Lessons
12:00 PM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	11:30-12:30
12:30 PM	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	12:00-1:30	Senior/Adult Swim
01:00 PM						12:30-2:00
01:30 PM	Lessons	Day Care Lesson	Lessons	Day Care Lesson	Private Lessons	
02:00 PM	1:30-3:00	1:30-2:00/Pool	1:30-3:00	1:30-2:00/Pool	1:30-3:00	Lessons
02:30 PM		Playland 2:00-3:00		Playland 2:00-3:00		2:00-3:00
03:00 PM	Lap Swim*	Adult Swim*	Lap Swim*	Adult Swim*	Lap Swim*	Public Swim
03:30 PM	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00	3:00-4:00
04:00 PM	Salmon Bay Swim Club					Lap Swim
04:30 PM	4:00-5:30	4:00-5:30	4:00-6:00	4:00-5:30	4:00-6:00	4:00-5:00
05:00 PM						Party Rentals
05:30 PM	Lessons	Lessons		Lessons		see pg. 3 for
06:00 PM	5:30-7:30	5:30-7:00	Lessons	5:30-7:00	Lap Swim	details. The pool is
06:30 PM			6:00-7:30		6:00-7:00	also available for
07:00 PM		Hydrofit 7:15-8:00		Hydrofit 7:15-8:00	Public Swim	party rentals on
07:30 PM	Shallow WX	Public Swim	Shallow WX	Public Swim	7:00-8:00	Sundays.
08:00 PM	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30		
08:30 PM	Lap Swim	Lap Swim		Lap Swim		
09:00 PM	8:30-10:00	8:30-10:00		8:30-10:00		
09:30 PM						

**Closures:** Monday, January 1, 2007—New Year's Day; Monday, January 15, 2007—MLK Jr's birthday; Monday, February 19, 2007—President's Day

Due to the Kingco and Metro High School Swim Meets, programs between 3:00–5:30 pm will be cancelled on the following dates: Jan. 5, 9, 16, 19

\*Starts Feb. 20, 2007.

## Recreational Swimming

### Lap Swims

<b>Mon–Fri (Early morning lap swim)*</b>	<b>6:00–7:30 am</b>
<b>Mon–Fri (3 lanes)</b>	<b>Noon–1:30 pm</b>
<b>Mon–Fri (starts Feb. 20)</b>	<b>3:00–4:00 pm</b>
<b>Tue/Thur (3 lanes)</b>	<b>2:00–3:00 pm</b>
<b>Mon/Tue/Thur</b>	<b>8:30–10:00 pm</b>
<b>Saturdays</b>	<b>7:30–9:00 am</b>
<b>Saturdays (3 lanes)</b>	<b>12:30–2:00 pm</b>
<b>Saturdays</b>	<b>4:00–5:00 pm</b>

\*Early Morning Lap Swim requires a recreation swim punch card, exact change, or check for payment.

### Adult and Senior Swim

<b>Mon–Fri</b>	<b>Noon–1:30 pm</b>
<b>Tue/Thurs (starts Feb. 20)</b>	<b>3:00–4:00 pm</b>
<b>Saturdays</b>	<b>12:30–2:00 pm</b>

One half of the pool is set up with lanes for lap swimming. The other half is available for recreational swimming. Aqua joggers are welcome.

### Pool Playland and 3 Lane Lap Swim

<b>Tues/Thurs</b>	<b>2:00–3:00 pm</b>
-------------------	---------------------

This is a gentle public swim that features water toys and is especially good for younger kids and their big people. We also encourage home schooled children to join us for open play, lap swimming, or just floating around. **3 lap lanes are provided.**

### Public Swims

<b>Tue/Thu*</b>	<b>7:30–8:30 pm</b>
<b>Friday</b>	<b>7:00–8:00 pm</b>
<b>Saturdays</b>	<b>3:00–4:00 pm</b>

Recreational swimming for all ages. Children must be a least 4 feet tall or six years old to swim alone; otherwise a parent or guardian must accompany them. Floatation devices are permitted with staff approval only. \*Shallow end only 7:30–8 pm.

## Family Swim

**NEW!**

<b>Saturdays</b>	<b>10:30–11:30 am</b>
------------------	-----------------------

This is a fun recreational swim session for parents or guardians and their children. Floatation aids and toys are allowed in the shallow end of the pool only. An Adult must accompany youth younger than 18 years old into the pool.

## Water Aerobics

### Hydrofit/Aqua Jogger

<b>Mon/Wed</b>	<b>11:15 am–Noon</b>
<b>Tue/Thu</b>	<b>7:15–8:00 pm</b>
<b>Saturdays</b>	<b>9:00–9:45 am</b>

This is a non-impact, high-energy exercise class that includes both toning and cardiovascular training. Buoyancy and resistance equipment are used in the deep water. No prior experience is necessary.

### Shallow Water Exercise

<b>Mon/Wed</b>	<b>7:30–8:30 pm</b>
<b>Tue/Thu</b>	<b>11:15 am–Noon</b>

Come try this low impact exercise program that is great for toning, stretching, and improving your figure! Beginners are welcome! This class has fun music and a great instructor, so don't wait to join in.

### Oodles of Noodles

<b>Wednesdays</b>	<b>11:15 am–Noon</b>
-------------------	----------------------

This is a shallow water fitness program designed to enhance flexibility and improve balance while working with a fun water noodle. Everyone is welcome.

### Stretch and Flex

<b>Fridays</b>	<b>11:15 am–Noon</b>
----------------	----------------------

This class is designed to relieve the pain and stiffness caused by arthritis. It is a great class for folks who want to stretch and move with added support and assistance from the water. And after class, take a few minutes to enjoy the dry heat sauna.

## Swimming Lessons

### Tot Lessons (6 months to 4 years)

This series of lessons helps introduce you and your child to the swimming pool. Emphasis is on your child learning to relax and become comfortable in this new environment. **Swim diapers required.**

### 3 Year Old Lessons

Join small classes with a certified instructor to start your child learning basic skills and water safety. We maintain a maximum 3:1 student to teacher ratio. Prerequisite: at least one session of Tots.

### Kinder Lessons (4 and 5 year olds)

This class is designed to teach the basic skills of swimming and water safety to kids ages 4–5. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

### Youth Lessons (6 years and up)\*

Our lessons have been designed by the American Red Cross to provide a thorough and structured progression of swimming skills for children ages 6-14. We have slightly modified these skills in the earlier levels to be more challenging and to provide a smoother transition between levels. And above all, we emphasize safety, fitness, and fun in our lessons!

*\*If your child has not taken lessons before, please sign up for the Level 1-3 time slot and we will evaluate your swimmer.*

### Adult Swimming Lessons (14 & up)

Swimmers of all abilities are welcome. It is never too late to learn how to swim. Our instructors are knowledgeable in both beginning skills and advanced stroke techniques. Students are encouraged to practice new skills throughout the week for greater improvement.

### Special Populations

To register for a special population program, please call 386-4268. Space is limited.

### Private Instruction

One student:..... ½ hr. / \$25.00

Two students:..... ½ hr. / \$35.00

We offer private lessons on Mondays at 2:30 pm, 6:30 pm and 7:00 pm; Tues/Thurs at 7:00 pm; Wed/Fri at 1:30 pm; and Saturdays at 2:00 pm. Private lessons are tailored to meet your individualized needs.

### Steps to Register

- Winter registration begins December 4, 2006
- Register online at [www.seattle.gov/parks](http://www.seattle.gov/parks) and click on SPARC. Get your account number and PIN now, before online registration begins.
- Walk in or phone in registration to any Seattle Parks pool or community center.



### Learn to Swim

Through the 2000 Pro Parks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Schools. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer. For "Learn to Swim" information, please call Queen Anne Pool or visit the website [www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm) Home school and private school students may apply for a voucher at the above website.

# Swimming Lessons

7

## Winter 2007—Swimming Lesson Schedule

	CLASS	DAY	TIME	DATES	PRICE	# OF LESSONS	COURSE NUMBER
SESSION 1	<b>Tots</b>	T	6:30–7:00 pm	1/2–3/20	\$60.00	12	12520
	<b>6 months–4 yrs</b>	Wed	7:00–7:30 pm	1/3–3/21	\$60.00	12	13869
		Th	6:30–7:00 pm	1/4–3/22	\$60.00	12	12521
		Sat	10:00–10:30am	1/6–3/24	\$60.00	12	12522
	<b>3 Year Old</b>	Mon	1:30–2:00 pm	1/8–3/19	\$72.00	9	12463
		Mon	2:30–3:00 pm	1/8–3/19	\$72.00	9	12472
		Tues	6:30–7:00 pm	1/2–3/20	\$96.00	12	12453
		Wed	6:00–6:30 pm	1/3–3/21	\$96.00	12	12455
		Wed	7:00–7:30 pm	1/3–3/21	\$96.00	12	13864
		Thurs	6:30–7:00 pm	1/4–3/22	\$96.00	12	12457
		Sat	10:00–10:30am	1/6–3/24	\$96.00	12	12462
		Sat	11:30–12:00 pm	1/6–3/24	\$96.00	12	12460
		Sat	2:00–2:30 pm	1/6–3/24	\$96.00	12	12458
	<b>Kinder</b>	M/W	2:00–2:30 pm	1/3–2/7	\$50.00	10	12498
	<b>Ages 4–5</b>	Mon	5:30–6:00 pm	1/8–3/19	\$45.00	9	12505
		T/Th	6:00–6:30 pm	1/2–2/8	\$60.00	12	12497
		Wed	6:00–6:30 pm	1/3–3/21	\$60.00	12	12502
		Sat	11:30–12:00 pm	1/6–3/24	\$60.00	12	12504
	<b>Beg. Youth 1–3</b>	Mon	6:00–6:30 pm	1/8–3/19	\$45.00	9	12532
	<b>Ages 6 and up</b>	T/Th	5:30–6:00 pm	1/2–2/8	\$60.00	12	12524
		Wed	6:30–7:00 pm	1/3–3/21	\$60.00	12	12527
		Sat	12:00–12:30 pm	1/6–3/24	\$60.00	12	12530
	<b>Adv. Youth 4–6</b>	T/Th	6:30–7:00 pm	1/2–2/8	\$60.00	12	12557
	<b>Ages 6 and up</b>	Sat	10:00–10:30 am	1/6–3/24	\$60.00	12	12558
	<b>Swim Team Prep</b>	T/Th	6:00–6:30 pm	1/2–2/8	\$60.00	12	12514
	<b>Adults</b>	Mon	6:30–7:00 pm	1/8–3/19	\$45.00	9	12477
		Wed	7:00–7:30 pm	1/3–3/21	\$60.00	12	12476
SESSION 2	<b>Kinder</b>	M/W	2:00–2:30 pm	2/12–3/21	\$55.00	11	12509
	<b>Ages 4–5</b>	Tu/Th	6:00–6:30 pm	2/13–3/22	\$60.00	12	12510
	<b>Youth 1–3 (age 6+)</b>	Tu/Th	5:30–6:00 pm	2/13–3/22	\$60.00	12	12534
	<b>Youth 4–6 Adv.</b>	Tu/Th	6:30–7:00 pm	2/13–3/22	\$60.00	12	12559
	<b>Swim Team Prep</b>	Tu/Th	6:00–6:30 pm	2/13–3/22	\$60.00	12	12516

### Closures

There will be no classes on Monday, Jan. 1, New Year's Day; Monday, Jan. 15, MLK Jr's birthday; Monday, Feb. 19, President's Day

CLASS	DAY	TIME	DATES	PRICE	# OF LESSONS	COURSE NUMBER
<b>Beginning/Inter.</b>	Tues	6:00–7:00 pm	1/2–3/20	\$120.00	12	12486
<b>Beginning/Inter.</b>	Thurs	6:00–7:00 pm	1/4–3/22	\$120.00	12	12487
<b>Beginning</b>	Sat	2:00–3:00 pm	1/6–3/24	\$120.00	12	13287
<b>Advanced</b>	Mon	6:30–8:00 pm	1/8–3/19	\$135.00	9	12485
<b>Advanced</b>	Wed	6:30–8:00 pm	1/3–3/21	\$180.00	12	12481

## Spring Board Diving Lessons

Have you ever wanted to learn how to dive gracefully off the diving board? Learn the basic skills of diving. We emphasize safety and good foundation skills. **Prerequisite:** ages 6 and up; has to know how to dive off the side of the pool; able to swim in the deep end. Classes meet once a week. You may register for more than one class.

## The Pro Parks Levy is making a difference in your community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



## Dive-In Movies Showtime 7:00 pm\*

**Friday, January 19:**  
**The Little Mermaid, rated G**

**Friday, February 16:**  
**Over the Hedge, rated PG**

**Friday, March 16:**  
**Cars, rated G**

Bring the whole family to our "Dive-In Movie" Enjoy swimming while watching a movie on our giant movie screen.

*\*Dive-in Movies are regular admission price.*

